

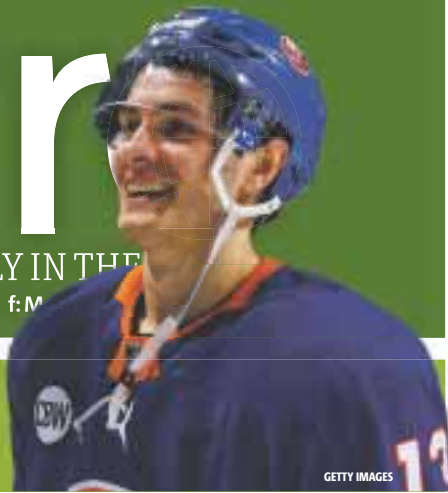
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NEW YORK CITY NO. 1 FREE DAILY IN THE

Wednesday, April 10, 2019 metro.us | t: MetroNewYork | f: M

TIME TO ROCK THE BARN

Islanders kick off playoff series vs. Penguins tonight at Nassau Coliseum. 15-16



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Kiernan Shipka tells us what it's like being everyone's favorite teenage witch. 11

Leaf cabbage: Dismantling the myths around "superfoods." 14



GETTY IMAGES & REUTERS

New York City on Tuesday declared a public health emergency following a measles outbreak in Brooklyn that has now reached 285 cases since October. 4, 6-7

▶ The Yo-down: Michael Yo gives Metro the scoop on his new comedy special on Amazon. 12



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THINGS
TO
KNOW

The Red Storm disappointed this season after starting 12-0.

Chris Mullin “stepped down” as basketball coach at St. John’s on Tuesday after four years on the job, citing a “personal loss.”

Athletic Director Mike Cragg announced the decision, saying the team “progressed well.” He noted Mullin’s “contributions” and “deep passion for this program,” but did not detail any reason for the move.

Mullin said in a separate statement he had suffered a “recent personal loss,” without elaborating. His older brother, Roddy, died last month at 58 after battling cancer for years. Gerard Richard Mullin played basketball at Siena from 1979-83.

Mullin, the greatest player in school history, had two years remaining on his contract. The 55-year-old coach was coming off his first winning season and only trip to the NCAA Tournament. The Red Storm lost to Arizona State in a First Four game last month.

St. John’s went 59-73 under Mullin, including 20-52 in Big East play, after he replaced Steve Lavin in March 2015 and embarked on a substantial rebuild.

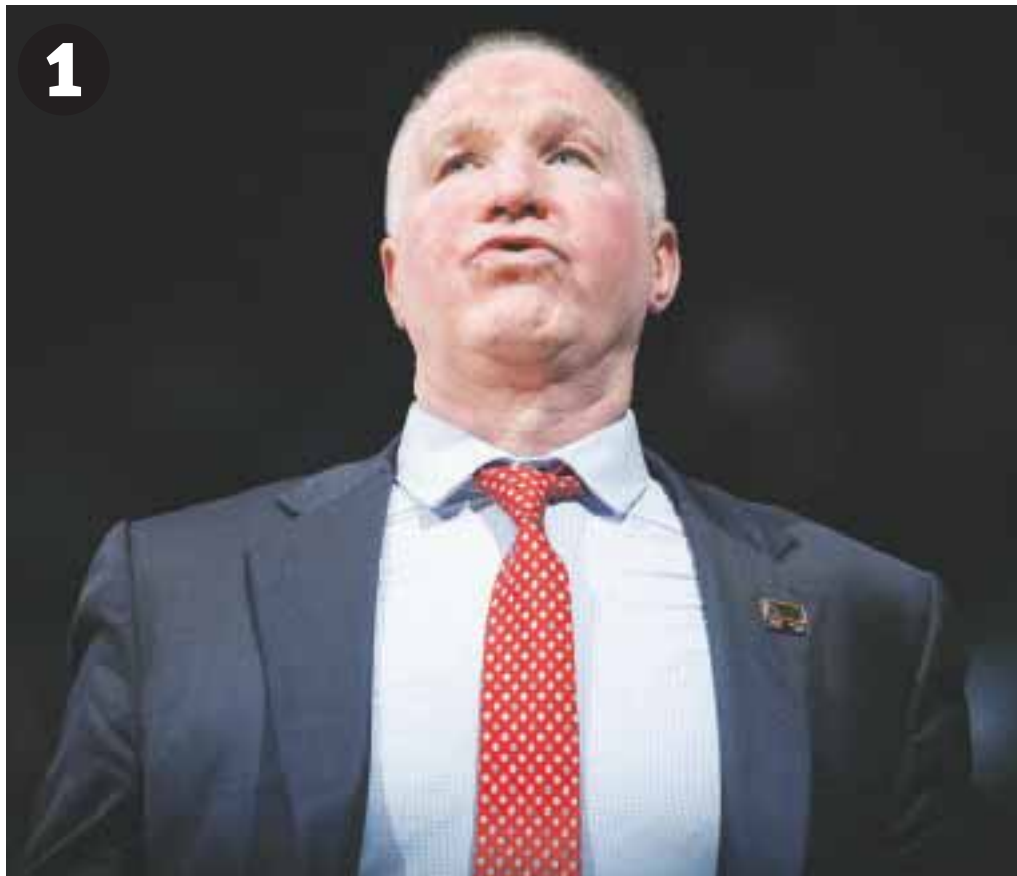
Led by star guard

Shamorie Ponds and several talented transfers, the Red Storm won their first 12 games this past season for their best start since Mullin was a sophomore in 1982-83. They cracked the AP Top 25 for the first time in four years but faded down the stretch, losing five of their final six games and six of the last eight to finish 21-13.

St. John’s squeezed into the NCAA Tournament as the last team to receive a bid and lost 74-65 to Arizona State in Dayton, Ohio. That left the program, once a national power, still without an NCAA Tournament victory since 2000.

In the weeks that followed, Ponds announced he would pass up his senior season to enter the NBA draft and hire an agent. Top recruiter Matt Abdelmassih, an assistant to Mullin, left for a position on the new staff at Nebraska under old boss Fred Hoiberg. And touted recruit Cam Mack, a junior college point guard, asked to be released from his national letter of intent.

Mullin, a two-time Olympic gold medalist and member of the Basketball Hall of Fame, led St. John’s to the 1985 Final Four and remains the school’s career scoring leader. Born in Brooklyn, he was a five-time All-Star during his 16 seasons in the NBA with Golden State and Indi-



Chris Mullin. GETTY IMAGES

ana.

Before taking the job at his alma mater to much fanfare, Mullin had no head coaching experience. He was an NBA executive, serving as general manager of the Warriors and a special adviser with the Sac-

ramento Kings.

St. John’s still ranks among the top 10 Division I programs in wins, though the school hasn’t even been to the semifinals of the Big East Tournament since 2000.

Mullin’s coaching tenure was highlighted

by consecutive victories over top five teams in February 2018: Duke and No. 1 Villanova, the eventual national champion.

In an interesting twist, Bobby Hurley, the Arizona State coach with a New Jersey back-

ground, is reportedly thought to be a top target for St. John’s to replace Mullin. Hurley was a star point guard at Duke, where Cragg spent more than three decades before being hired by St. John’s last September.

ASSOCIATED PRESS

Richard Cole, 103, last WWII Doolittle Raider, dies

2 Retired Lt. Col. Richard “Dick” Cole, the last of the 80 Doolittle Tokyo Raiders who carried out the daring U.S. attack on Japan during World War II, died Tuesday at a military hospital in Texas. He was 103. Robert Whetstone, a spokesman for Brooke Army Medical Center in San Antonio, confirmed Cole’s death. Whetstone had no immediate additional details. Cole, who lived in Comfort, Texas, had stayed active

even in recent years, attending air shows and participating in commemorative events including April 18, 2017, ceremonies for the raid’s 75th anniversary at the National Museum of the U.S. Air Force near Dayton, Ohio. Cole was mission commander Jimmy Doolittle’s co-pilot in the attack fewer than five months after the December 1941 Japanese bombing of Pearl Harbor. Doolittle died in 1993. ASSOCIATED PRESS

Dykstra sues ex-teammate Darling, alleges defamation

3 Former Phillies and New York Mets outfielder Lenny Dykstra has sued ex-teammate Ron Darling, alleging defamation over comments Darling made about him in his new book. TMZ Sports reported Tuesday that the lawsuit was filed in New York. Dykstra wants Darling to pay damages for “defamation and intentional infliction of emotional distress.” Dykstra, 56, also wants a judicial injunction to keep further copies of the book

from being sold. Darling has stood by an allegation he made in his book that Dykstra shouted racial slurs at Boston Red Sox pitcher Dennis “Oil Can” Boyd in the 1986 World Series. “I heard what I heard and I put it in the book for a reason,” Darling said last week on ESPN’s “Golic and Wingo,” referring to his new book titled, “108 Stitches: Loose Threads, Ripping Yarns, and the Darndest Characters from My Time in the Game.” REUTERS

Marine killed in Afghanistan was NYC firefighter

4 A U.S. Marine killed this week in Afghanistan was honored five years ago for rescuing a woman from a burning high-rise while serving with the Fire Department of New York, the mayor and fire commissioner said on Tuesday. Christopher Slutman, a 15-year FDNY member, was among three American service members killed by a roadside bomb Monday. He leaves behind his wife, Shannon, and three daughters. “Firefighter

Slutman bravely wore two uniforms and committed his life to public service both as a New York City firefighter and as a member of the United States Marine Corps,” Fire Commissioner Daniel Nigro wrote. “The decorated 15-year veteran of the department is truly one of New York City’s Bravest — running into danger to protect and defend others, both in New York City and in combat overseas,” Mayor Bill de Blasio wrote.

ASSOCIATED PRESS

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

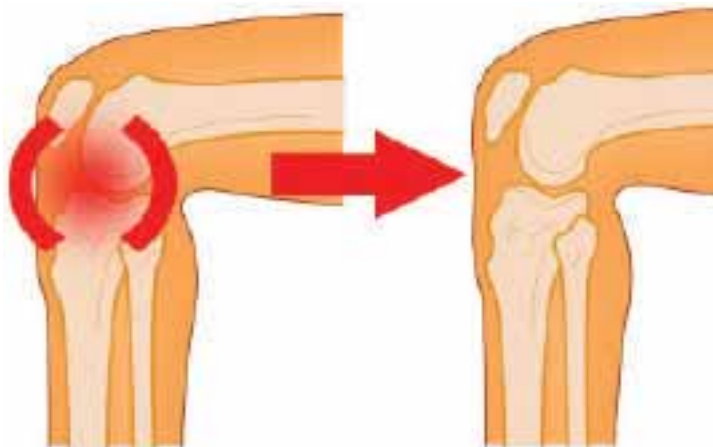
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com

877-296-6310

Measles outbreak hits New York City, has Northeast on guard

This year, the disease has surged, despite being declared eliminated in 2000.

MICHAEL MARTIN
letters@metro.us

New York City declared a public health emergency over an outbreak of measles on Tuesday, requiring unimmunized people in one neighborhood to get vaccinations, as health officials weighed in on chances of the disease spreading through the Northeast corridor.

Mayor Bill de Blasio spoke at a press conference in Williamsburg, Brooklyn, where measles has surfaced within the Orthodox Jewish community, where vaccination has been discouraged. "This is the epicenter of a measles outbreak that is very, very troubling and must be dealt with immediately," he said. "The measles vaccine works. It is safe, it is effective, it is time-tested."

De Blasio said that unvaccinated residents in certain ZIP codes of Brooklyn were required to get the vaccine, and those who didn't comply could be fined up to \$1,000. The NYC outbreak follows a similar one upstate in Rockland County, with 167 cases reported as of last Friday.

This month, reports of measles hit a new weekly high nationwide, and the Northeast is the locus of the latest outbreak. According to the Centers for Disease Control and Prevention, 465 cases have been diagnosed in 2019 — the second-highest number since measles was eliminated in the U.S. in 2000 — with New York and New Jersey accounting for more than half the cases in the country. In the first week of April, 78 cases were diagnosed, with Massachusetts reporting

its first patient, the CDC said. Florida, Indiana and Nevada also reported their first cases in that time.

Both outbreaks in New York have been ongoing for several months and are related to travel to Israel, where there is a large ongoing measles outbreak, Dr. Thomas Clark, deputy director of the CDC's Division of Viral Diseases, told Metro. "We always worry about travel and spread of measles. Anytime measles is brought into a community with suboptimal vaccination coverage, it can spread," he said. Although Clark confirmed the report of a single case in Boston, he said the CDC had not received reports of outbreaks in Boston or Philadelphia as of Tuesday afternoon.

"We are monitoring the situation in New York, but there is no outbreak of measles in Boston at this time," Caitlin McLaughlin, a rep for the Boston Public Health Commission, told Metro on Tuesday.

Although the city measles outbreak follows an outbreak of mumps in Philadelphia that began last month, the two diseases tend to spread for different reasons. Measles outbreaks usually result from unvaccinated people traveling to countries in which vaccination is not required. The MMR (measles-mumps-rubella) vaccine becomes less effective against mumps over time, so even people who receive it as children could develop mumps as an adult when exposed in close social environments like college, said Clark.

"Unfortunately, we see mumps despite high vaccination coverage, and we have measles when vaccination coverage is low," he said. Two doses of the MMR vaccine as a child should provide sufficient lifelong protection, but sometimes a third dose is recommended during an outbreak.

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Open Advisement Sessions for the upcoming Summer I and Summer II semesters will be held on the following dates:

Summer I: Weekday evenings at 6 p.m.

Tuesday, May 21* Thursday, May 23*
Wednesday, May 22* Tuesday, May 28**

Summer II: Weekday evenings at 6 p.m.

Monday, July 1* Wednesday, July 3*
Tuesday, July 2* Monday, July 8**

*These advisement sessions will take place at 7 East 12th Street.

**These advisement sessions will take place in the Woolworth Building in Lower Manhattan at 15 Barclay Street.

For program and advisement session details, visit our website at sps.nyu.edu/ali05 or email ali@nyu.edu.



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It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

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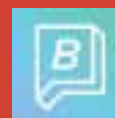
This is also why we service MonaLisa Touch which is a low energy electric therapy allowing women to have both functional and cosmetic alterations to their vagina. Especially if you feel dryness or are post menopausal, do not hesitate to come in and ask us about our minimally invasive procedures. We welcome you with open arms!



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Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

City orders measles vaccinations, blasts misinformation fueling outbreak

"This is the epicenter of a measles outbreak": Mayor de Blasio.

A measles outbreak in Brooklyn, primarily among Orthodox Jewish children, prompted New York City on Tuesday to declare a public health emergency, requiring unvaccinated people in the affected areas to get the vaccine or face fines.

The city's largest outbreak since 1991 of the once virtually eradicated virus has mainly been confined to the Orthodox Jewish community in the borough's Williamsburg neighborhood, with 285 cases confirmed since October, Mayor Bill de Blasio said at a news conference. That's up sharply from only two reported cases in all of 2017.

"This is the epicenter of a measles outbreak



New York City has ordered all yeshivas in a heavily Orthodox Jewish section of Brooklyn to exclude from classes all students who aren't vaccinated against measles or face fines or possible closure. GETTY IMAGES

that is very, very troubling and must be dealt with immediately," de Blasio said. He was joined by city health officials who decried what they called "misinformation" spread by opponents of vaccines.

The measles virus is

highly contagious and can lead to serious complications and death. While there have been no confirmed deaths so far, 21 people have been hospitalized, with five admitted to intensive care, officials said. All but 39 of the confirmed cases are in

children.

The outbreak is part of a broader resurgence in the United States, with 465 cases reported in 19 states so far this year, according to the U.S. Centers for Disease Control and Prevention.

The United States in

2000 declared measles eliminated from the country thanks to widespread vaccination, meaning it was no longer constantly present. But vaccination rates have declined in recent years, according to infectious disease experts.

The Brooklyn outbreak has been traced to an unvaccinated child who became infected on a visit to Israel, which is also grappling with an outbreak, according to New York City's Department of Health.

Officials from the Department of Health will check vaccination records of anyone who has been in contact with infected patients in certain parts of Brooklyn, officials said.

They will impose fines of up to \$1,000 on those who have not received the measles-mumps-rubella vaccine and cannot give other evidence of immunity, such as hav-

ing previously had the measles.

It is the first time New York City has ordered mandatory vaccinations in recent history, according to health officials.

Community leaders welcomed the move.

"We will make sure that everybody who is allowed will be vaccinated," Rabbi David Niederman, the president of the United Jewish Organizations of Williamsburg, said in a phone interview. "The schools are cooperating, everyone's cooperating."

He said he had seen anti-vaccination booklets and misinformation circulate around the tightly knit community, but that most families trusted the health department.

"You get phony, phony articles and studies, so yes, some people will fall for that," he said. "They will do anything and everything to improve the

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Measles vaccination.

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health of their children."

The mandatory vaccination order follows an order from the health department last week requiring yeshivas and daycare programs serving Williamsburg's Orthodox Jewish community to exclude unvaccinated children or face fines or closure.

Another outbreak has hit Orthodox Jewish families in New York's Rockland County. Officials there banned children not vaccinated against measles from public spaces last month.

That order was overturned by a state judge on Friday, local media reported. The order is be-

"I understand that parents may be afraid of getting their children vaccinated. I know that getting vaccinated is far safer than getting measles."

Oxiris Barbot, NYC health commissioner

ing appealed by Rockland officials.

Federal officials are also tracking outbreaks in New Jersey, California, Michigan and Washington state.

A growing and vocal fringe of parents oppose

vaccinations, believing, contrary to scientific evidence, that ingredients in the vaccines can cause autism or other disorders.

City officials also expressed alarm at reports of parents holding "measles parties," where they intentionally expose their unvaccinated children to an infected child in the mistaken belief doing so is a safe means to create immunity.

"I understand that parents may be afraid of getting their children vaccinated," said Health Commissioner Oxiris Barbot. "I know that getting vaccinated is far safer than getting measles."

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Bedrooms	Unit Available	Household Size*	Total Annual Income Range: Minimum - Maximum**	Asset Limit*** (HUD maximum allowed)	Monthly Maintenance	Estimated Prices
2 bedroom	1	2 people	\$47,970 - \$100,200	\$182,525	\$1535	\$103,700
		3 people	\$47,970 - \$112,680	\$182,525	\$1535	\$103,700
		4 people	\$47,970 - \$125,160	\$182,525	\$1535	\$103,700
		5 people	\$47,970 - \$135,240	\$182,525	\$1535	\$103,700

* Subject to occupancy Criteria

** Income guidelines subject to change; larger down payments may allow for lower minimum incomes.

*** Asset limit subject to change

How Do You Apply?

DOWNLOAD ONLINE: <https://www.nmic.org/2018/03/25/newly-renovated-two-bedroom-apartment-available-in-washington-heights-coop/>

To request an application **by mail, send a self-addressed envelope to: 618 W 187 Street HDPC c/o NMIC 45 Wadsworth Avenue 8th Floor New York, NY 10033**. Only send one application per development. Do not submit duplicate applications. Applicants who submit more than one application may be disqualified. Completed applications must be returned by regular mail only (no priority, certified, registered, express, oversized, or overnight mail will be accepted) to a post office box number that will be listed on the application.

Informational sessions will be held on: **April 10th 2019 at St. Elizabeth's Church Rectory, 368 Wadsworth Avenue, New York, NY 10033**.

Similar attendance is not mandatory to purchase a Cooperative.

When is the Deadline?

Application must be postmarked by: **April 29th 2019**

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If you are selected and you appear to qualify, you will be invited to an appointment to review your documents and to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income. This advertisement is not an offering. It is a solicitation of interest in the advertised property. No offering of the advertised units can be made and no deposits can be accepted, or reservations, binding or non-binding, can be made until an offering plan is filed with the New York State Department of Law. This advertisement is made pursuant to Cooperative Policy Statement No. 1, issued by the New York State Department of Law, file number C170004. Sponsor: Northern Manhattan Improvement Corporation 45 Wadsworth Avenue New York, NY 10033.

English

Para solicitar por correo una solicitud de este anuncio en "ESPAÑOL", envíe su solicitud con su nombre y dirección como destinatario a la siguiente dirección: 618 W 187 Street HDPC, c/o NMIC 45 Wadsworth Avenue 8th Floor, New York, NY 10033. En la parte posterior del sobre, escriba en inglés la palabra "SPANISH". Para descargar una solicitud en línea haga clic aquí: www.nmic.org. Las solicitudes deben tener el sello postal con fecha del 29 de abril 2019 a más tardar.

Chinese

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Andrew Cuomo • Mayor Bill de Blasio • HUD Commissioner Marcia Torres-Springer • HCR Commissioner/CEO RuthAnne Vannoy



Loughlin, husband and 14 parents face new scam charge

The couple are accused of paying \$500,000 in bribes.

"Full House" star Lori Loughlin and her fashion designer husband, Mossimo Giannulli, and 14 other parents were hit Tuesday with a new money laundering charge in the sweeping college admissions bribery scheme.

The move comes a day after fellow actress Felicity Huffman, 12 other parents and a coach agreed to plead guilty — signaling an escalation in the case against the parents who are continuing to fight the allegations against them.

Loughlin and Giannulli were among 33 prominent parents

accused of participating in a scheme that involved rigging college entrance exams and bribing coaches at elite universities.

They were arrested last month on a single charge of conspiracy to commit mail and wire fraud. An indictment brought Tuesday adds a charge of money laundering conspiracy against the couple and 14 other parents.

Amy and Gregory Colburn, a California couple accused of paying \$25,000 to cheat on their son's SAT, were indicted on the money laundering and mail fraud conspiracy charges last month.

The parents are accused of paying an admissions consultant, Rick Singer, to cheat on

their children's college entrance exams and get their children admitted as athletic recruits at such elite schools as Georgetown and Yale.

Loughlin and Giannulli are accused of paying \$500,000 in bribes to get their daughters into the University of Southern California as crew team recruits, even though neither of them played the sport.

They appeared in Boston federal court briefly last week and were not asked to enter a plea. They have not publicly addressed the allegations against them.

Other parents indicted on the new charge Tuesday include Michelle Janavs, whose family developed the microwave snack line



Actress Lori Loughlin and her husband Mossimo Giannulli.

GETTY IMAGES

Hot Pockets before selling their company, and William McGlashan, who co-founded an investment fund with U2's Bono in 2017.

Huffman, the 56-year-old Emmy winner who starred in ABC's "Desperate Housewives," was accused of paying \$15,000 disguised as a charitable donation to have a proctor correct the answers on her daughter's SAT. She and the 12 other par-

ents agreed to plead guilty Monday to a single charge of conspiracy to commit mail fraud and honest services mail fraud.

Prosecutors say they will seek a prison sentence that's on the low end of between four and 10 months for Huffman.

In her first public comments since her arrest, Huffman took responsibility for her actions and said she would accept the consequences.

"My daughter knew absolutely nothing about my actions, and in my misguided and profoundly wrong way, I have betrayed her. This transgression toward her and the public I will carry for the rest of my life. My desire to help my daughter is no excuse to break the law or engage in dishonesty," she said after her plea deal was announced.

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Mueller report will be released within a week: attorney general

U.S. Attorney General William Barr told lawmakers on Tuesday that he intends to release "within a week" a redacted version of the long-awaited report on Russian interference in the 2016 presidential election from Special Counsel Robert Mueller.

During a congressional hearing, Barr was repeatedly challenged by Democrats who raised suspicions that he may have misrepresented the report to paint the Republican president in a better light.

Barr, an appointee of Trump who last month announced what he said were the main findings of the report, said he'd be as open as possible about redactions of sensitive information when he hands over the full document.

"Within a week I will be in position to release that report to the public and then I will engage with the chairmen of both judiciary committees about that report, about any further requests that they have,"



REUTERS

Barr said at his first appearance before Congress since receiving the report on March 22.

"I don't intend at this stage to send the full unredacted report to the committee," Barr told a House of Representatives Appropriations subcommittee. "I am relying on my own discretion to make as much public as I can."

Tuesday's hearing came a little more than two weeks after Mueller wrapped up a 22-month-long probe into whether members of Trump's campaign colluded with Russia during the White House race and if he obstructed official in-

quiries into the matter.

The impending release of the 400-page report is expected to shed light on some of the more contentious episodes of Trump's election bid and presidency, including his firing of FBI head James Comey in 2017 and his campaign's contacts with Russians.

The investigation, which Trump has repeatedly called a witch hunt, ensnared 34 people and three companies, including some members of Trump's inner circle such as his former campaign chairman Paul Manafort and former national security adviser Michael Flynn.

In a March 24 letter to Congress, Barr said that Mueller's investigation did not establish that members of Trump's election campaign conspired with Russia. He also said that Mueller presented evidence "on both sides" about whether Trump obstructed justice, but he did not draw a conclusion one way or the other. REUTERS

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— Larry Adel, Metro US reader



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Libra No one needs to know about your business. The less information you offer, the less interference you will face. Taking a day trip or reconnecting with someone from your past will be eye-opening.



Taurus Exaggeration will lead to trouble. Play things close to the vest and be careful about publicly discussing sensitive matters. Concentrate on getting things done.



Scorpio Surround yourself with people you feel comfortable with. Discuss your feelings and intentions. Love, romance and personal improvements will lead to greater confidence and stability.



Gemini Certain situations will need to be monitored to avoid leaks that could damage someone's reputation. Don't reveal secrets, meddle in other people's affairs or spread gossip.



Sagittarius Know when to walk away from a situation that isn't good for you. Don't let anger take charge when you should be putting your energy into personal gain.



Cancer Get the go-ahead if needed, and start putting your ideas to good use. A contract or settlement will change the way you think about certain past situations.



Capricorn You'll see things differently if you discuss something that happened with someone who shared the experience with you. What you discover will encourage you to make a positive change.



Leo Jealousy will probably set someone off, causing a disruption or feud, but as long as you go about your business and finish what you start, you'll come out on top.



Aquarius Move things around and make a space that will motivate you to revisit an activity you used to enjoy. Honing skills will lead to new opportunities.



Virgo Experience and learn all you can. Get involved in something you've never done before or get together with people who inspire and motivate you to expand your mind and interests.



Pisces Trust in your ability to get things done on your own, and avoid getting into an altercation with someone who always tries to take the reins. Help someone who appreciates you. EUGENIA LAST

LIFESTYLE

At just 19, the star of "Chilling Adventures of Sabrina" has lived the challenges of being a child celebrity since the days of "Mad Men." Shipka talks with Metro about the success of the Netflix production and the current state of Hollywood.

GERTY OYARCE VÁSQUEZ, MWN

Kiernan Shipka was only nine when she received her first award: a SAG for playing Sally Draper in one of the most acclaimed series of the last decade, "Mad Men." Her role — a problematic and ingenious girl dealing with the divorce of her parents — was acclaimed

I could act the rest of my life' KIERNAN SHIPKA

until she became a definitive part of the production cast.

She has been called one of the best actresses of her generation and a rising star we should keep an eye on. According to media sources, Shipka landed her first leading role in "Chilling Adventures of Sabrina," a dark and reinvented version of the '90s series "Sabrina the Teenage Witch."

Metro talked with Shipka about the success of the series and the second season that will be released in April, the challenges she faced taking on this role, the #MeToo movement and other aspects of her career.

At 19, you have already accomplished a lot. How do you see that success? I feel very grateful for the roles I have performed, because they have had a big influence on my life. The further my work goes, the further my daily life goes, and I love that.

How did you prepare to play Sabrina?

I prepared for approximately three-and-a-half months before starting to shoot a couple of episodes and discover her as a character and person. I think that discovery is really important to complete a role that you will do for a long time. And honestly, it was just practice.

Melissa Joan Hart's Sabrina meant a lot to '90s pop culture. Did you ever feel the pressure to live up to her or look like her?

Not really, to be honest. I feel that the show from the '90s was very unique and was very valuable for people. It was very important in its segment and it was great. It's there, it's a guide, but it is also there to hopefully improve this show, which will also bring happiness to the audience. But both series are so different that

I never felt that pressure.

Did you expect this success?

I knew we had an expectant fan base, but even so, I was nervous and anxious to see what everyone thought. I'm very happy that people

like it and I'm excited to do more episodes.

When you were little you had a role in "Mad Men." What did that mean to you? What did you learn at that time from your peers?

I learned almost everything I know about my work, to be honest. I started when I was six and I liked being able to watch incredible actors, writers and directors in many aspects. I learned a lot from what I know about acting there, and it was an incredible experience for me.

What do you do to overcome the stress and pressure?

It's important to keep on going and take care of yourself. It is different for everyone, but for me it is all about sleeping well at night and being honest with myself, with how I feel.

Which actresses are you currently inspired by?

There are so many! I loved "The Favourite" and Rachel Weisz's performance. Julianne Moore has had the coolest roles I've ever seen. It's great to see good movies and be inspired by them over and over again. There's nothing like that for me.

The #MeToo movement had great success in your area. What do you think about it? What actions do you do to support other women?

I think the #MeToo movement is really important. I'm so happy that such a powerful movement is happening right now. I grew up with a lot of very powerful women around me, and seeing them come through and create this huge movement and seeing them say, "enough is enough" is totally incredible. I hope to do my best to support other women in the industry. That is extremely important to me, to listen to them and to defend ourselves. It's amazing.



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The family man of comedy

Michael Yo's comedy special "Blasian" is available on Amazon now.



MOLLY GIVEN
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The world of comedy has room for a lot — politics, opinions, making light of situations, heartbreak, romantic endeavors. The list could go on and on. What the comedy world doesn't always have room for, however, is love. Not just the lust kind of love or the admiration kind of love, but pure, unadulterated love. Comedian Michael Yo wants to change that. Instead of focusing on the darkness in the world today, he would rather crack jokes in the light and talk about the love he has for his parents, wife, son and the hilarious dynamic his family has. Yo sat down



Michael Yo. PROVIDED

seems to get one. "That's the type of comedy I want to do and that's the type I bring onstage. It's a very uplifting comedy special and it's all about family. It's okay to love your wife and kids and talk about the love and positivity of that. It's a comedy special — you don't have to hate everything about marriage. Plus, it's okay to talk about your parents and how it was growing up. I wanted to get that message out as well because it's dark out there. I want comedy to be an escape, and positive and uplifting."

FOX found Yo's point of view refreshing as well, so much so that the network recently announced they are developing a new sitcom with the comedian based on his stand-up. "It's my life and exactly what you see onstage. It's about my family and my parents and my wife and their dynamics. Without going into detail, I'm writing the new pilot now, so we'll see what happens."

Yo's view on the comedy world and life is invigorating, and some highlights of his career have been meeting others with that same outlook. Being in the biz a long time has led Yo to make many friendships and connections with Hollywood "A-listers" such as Dwayne "The Rock" Johnson, Will Smith and Kevin Hart. Yo says they have had a huge impact on his career and his motivation to keep the positivity going. "It's not just for Instagram. These people are really like that, they keep pushing. That really stands out to me as a highlight, when we kind of see these people as not obtainable, and when they are obtainable and go above and beyond to make you feel special. That blows me away. It's so inspiring and motivating."

Yo is willing to go above and beyond to keep his career in the light. His love for his family and comedy go hand in hand, making it relatable, uplifting and downright hilarious. The proof is in the pudding.

with Metro to talk about his career, his new comedy special on Amazon and his outlook on the comedy world today.

Yo first got his start in the entertainment world through radio at the young age of 14. "I just fell in love with it. Radio basically got me to television," says Yo.

Now, the Houston native has his own show on Sirius XM's Entertainment Weekly Radio. "Radio is amazing because if someone doesn't agree with you, they can call you up and talk to you. People can reach out to you on social media about things, but you don't have to read it. But when they call up it's great, it keeps you up-to-date on what America is actually thinking. I think when you just get caught up in movies and TV, you get stuck in a bubble away from what normal people think or feel, because you're not around it. It's that Hollywood bubble. On "The Michael Yo Show" I talk to people all day. I love feeling connected to them and you can feel the pulse of what they really want to talk about. Not just the left or right opinions, but people's actual opinions. That's what I love."

Radio provides a great outlet for Yo to talk to audiences around the country,

whereas stand-up gives the comedian an amazing outlet to talk about his life. Yo's latest special, "Blasian," is available for home viewing on Amazon now, and the 44-year-old does not hold back when talking about his favorite subject: his family. "I started comedy eight years ago and after I had my son, I wanted something on tape that all my family could be a part of. So during the special, my parents come in, my wife comes in and my son comes in."

Yo's son, Oliver, has been the continuous motivation for his comedy specials and the main reason he is overjoyed that his legacy will live on. "I have this fear of something happening and my son not knowing how much I love him. That scares the hell out of me. He's young, he doesn't fully understand. We can't have a conversation about it yet. This is something that is now on tape forever. Hopefully, I'm around for a long time, but now, my son Oliver is going to know how much I love him. If he wants to look back on it 20, 30 or 40 years from now, he can do that."

Yo likes the fact that his comedy is "family-friendly." He wants it to be a breath of fresh air in a world that rarely



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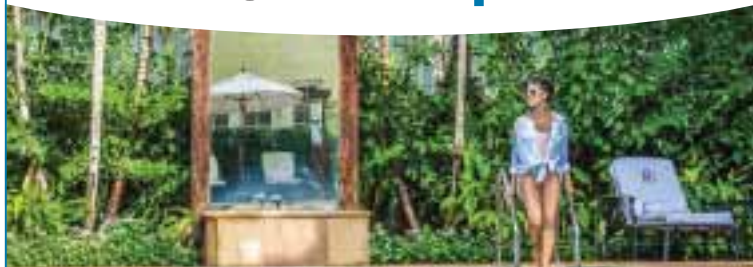
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Nina García with Elaine Welteroth, Brandon Maxwell, Frances Berwick, Karlie Kloss and Christian Siriano, attending the release of 'Project Runway' in New York. Getty

"To democratize fashion we must continue to support emerging designers" NINA GARCÍA

Editor-in-chief of Elle USA chatted with Metro.

LUZ LANCHEROS
MWN
letters@metro.us

Nina García is an authority in the media field of fashion industry. Editor-in-chief of one of the most important style magazines in the world, Elle USA, has also been known by several generations of fashionistas for being a judge on "Project Runway." She has written four books that became best sellers, including "The Little Black Book of Style" (2007) and "The Style Strategy" with two versions of 2009 and 2014, among others. She is also an ambassador for the fashion and business platform of Colombia at Bogotá Fashion Week.

Metro spoke with García on the current state of the industry, the role of designers and emerging fashion places.

What would you say to those who believe that fashion is a banal business?

Fashion is a business with a bad reputation. But what you do not see about this is that it is a very large industry that gives many jobs. It also has a very large community. There's nothing banal in that.

There are so many viral products made by Balenciaga, Gucci, Vetements... How to know that they are not made just to create a buzz?

The social networks are a challenge. Well, they could also be a blessing.

We can use them to communicate a story, to reach our customers, learn what they need, create an own website, do e-commerce... Have platforms such as Moda Operandi. But the other side of that is that there are many voices. So many that today it is very difficult to stand out or be different. So, I always advise designers who want to emerge and use these networks, which are so powerful, to first focus on the design, own point of view and approach. And have a coherent story.

Do you think that Europe is losing ground to other fashion capitals?

I do not think so. Paris, Italy, and England are still very strong. The field of global fashion has opened. But there are opportunities for Colombia, for example, because what has happened with these mega-brands is very monotonous and similar. If we talk about design in emerging places, we see that Mexico, Brazil, are making handmade fashion. But what makes all these countries different? Mexicans, for example, have their own way of doing things. They have an own point of view.

How do you democratize fashion?

I think we have to continue supporting the emerging talents.

How do you be authentic?

You have an advantage when you are an emerging designer. When business is small, it's possible to react faster to changes

on the market.

What designers do you consider to be game-changers?

This season it seems to me that Hedi Slimane (French photographer and fashion designer) with his work at Céline again showed how trends move. He overturned everything we saw in big cities.

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HEALTH

ISTOCK

Leaf cabbage: dismantling the myths around "superfoods"

They're fashionable, but they do not work miracles.

LUZ LANCHEROS
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letters@metro.us

In the digital era, with celebrities playing role of influencers (quite frequently irresponsible ones), many vegetables or substances become quite fashionable. This is the case of kale or leaf cabbage, which was popularised by celebrities such as Gwyneth Paltrow, Beyoncé and Jennifer Aniston, among others. It appeared since 2012 in Michelin stars restaurants and increased its fame thanks to social media up to being named "superfood."

The definition of this term already existed since the beginning of the 20th century. In the Oxford dictionary, "superfood" is mentioned as food that is very nutritional and beneficial for health. However, there is no scientific nor established term used to describe leaf cabbage, which is now thought to have powerful qualities: it has more iron than meat, more calcium than milk, more folic acid than eggs. But what is behind that wonder?

"I do not like the word superfood. It is totally deceiving with people. It gives many expectations. If I tell you: 'Look, leaf cabbage is a superfood,' you are going to say: 'Wow, a nutritionist tells me that.' And you start to include it in your diet in a way that is perhaps exaggerated. You start moving or suddenly replacing other nutrients from foods. Your diet is probably not going to be so balanced and you will expect it to work miracles for you. I would say that the only "superfood" that exists on the planet is breast milk. And it is only because at the early stage of life we use it as a source of energy and nutrients in general. It has cells, bacteria, several things beneficial for the human being. But quinoa and

kale – they are healthy foods – yes, but raising them to "superfoods" is an error," Juan Camilo Mesa (@mesacons), nutritionist and microbiologist, explained to Metro. "When nutrients come in vegetable form (it happens a lot with calcium and iron), they are going to be absorbed in smaller quantity, because they are going to go through a series of transformations to be taken advantage of by our bodies. It is very deceptive to go out and say that they have more calcium and iron than milk and meat, respectively. Yes, but then, how much are we absorbing?"

Eating does not work miracles

If so, we would all be immortal and with a perfectly healthy BMI. Leaf cabbage is not the only food to which these "superpowers" have been attributed. Others include, for example, noni (beach mulberry) and turmeric.

"What food can do for you is to prevent diseases, but not cure them. However, people could expect a miracle because they heard it could happen. Yes, you should include these foods into your diet, but in a balanced way," Mesa said.

Do not fill yourself with green smoothies

Another great boom of the "superfood" era is the detox whiskey, which is not as beneficial as it is believed. These beverages are sold in different colours, sizes and flavours and are thought to be great nutritional novelty.

Mesa stated: "I have a slogan: food is eaten, not drunk. When you process things, you modify their consistency, but also nutritional quality. You eliminate fibre, some vitamins are also very sensitive to both light and oxygen. So, what you end up drinking could even lead to formation of kidney stones. Thus drinking that could cause more harm."

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SPORTS

Islanders, Penguins square off in Stanley Cup playoff opener tonight

The first-round best-of-seven series opens up at the Nassau Coliseum.



JOE PANTORNO
joseph.pantorno@metro.us

The last time the New York Islanders hosted a Game 1 of a postseason series, "Man in the Mirror" by Michael Jackson was the No. 1 song in the United States, "Beetlejuice" was the top-grossing film, a gallon of gas cost just 91 cents, and the average cost of a new house was \$91,600.

Man, 1988 sounded fun. I wouldn't know because I wasn't even born yet.

Neither was a faction of Islanders fans, who will see the 31-year drought end tonight when New York hosts the Pittsburgh



Sidney Crosby (left) and the Penguins face the Islanders in the Eastern Conference quarterfinals beginning tonight. GETTY IMAGES



Penguins in Game 1 of the Eastern Conference quarterfinals at the Nassau Coliseum.

The Islanders gained home-ice advantage in the first-round series against all odds as countless writers, pundits, and analysts (including myself) chose them to finish near the bottom of the Metropolitan Division and the Eastern Conference.

Behind the defensive structure implemented by first-year head coach

Barry Trotz, the Islanders transformed from the NHL's worst defensive team to its best, becoming the first team in 100 years to pull off such a feat.

The goaltending duo of Robin Lehner and Thomas Greiss, a pair of afterthoughts who have battled struggles and — in Lehner's case — personal demons, have become the best 1-2 punch in net in hockey.

It's been good enough to cover for an offense that

has struggled at times, especially on a power play that has been one of the worst in the NHL over the past month especially, as the Islanders accrued 103 points on a year they were expected to finish with 20 fewer.

That's their best regular season since 1983-84 when the dynasty that won four-straight Stanley Cups came to an end against some guy named Wayne Gretzky and his Edmonton Oilers.

where no player had over 62 points to his name.

It creates theatre for one of the most intriguing series of the first round of the playoffs while reigniting a rivalry that has seen its fair share of drama and malice over the years.

While the Penguins attempt to continue building on their era of dominance, the Islanders are looking to create a new legacy that will shed the past three decades of futility. Dating back to 1994, this is a team that has won just a single playoff series.

But this year seems different. And the Penguins will have to try and survive the raucous Nassau Coliseum for (at most) four games this series.

Call a contractor, because the roof might rip off the Old Barn this week.

Continue onto page 16
For more on this upcoming series.

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Islanders vs. Penguins playoff preview

ISLANDERS PROJECTED LINES

FORWARDS

ANDERS LEE - MATHEW BARZAL - JORDAN EBERLE
JOSH BAILEY - BROCK NELSON - TOM KUHNHACKL
ANTHONY BEAUVILLIER - VALTTERI FILPPULA - LEO KOMAROV
MATT MARTIN - CASEY CIZIKAS - CAL CLUTTERBUCK

DEFENSE

NICK LEDDY - JOHNNY BOYCHUK
ADAM PELECH - RYAN PULOCK
DEVON TOEWS - SCOTT MAYFIELD

GOALIES

ROBIN LEHNER
THOMAS GREISS

ISLANDERS vs. PENGUINS 2018-19 STATS

48-27-7	RECORD	44-26-12
103	POINTS	100
228	GOALS FOR	271
196	GOALS AGAINST	238
14.5%	POWER PLAY	24.5%
79.9%	PENALTY KILL	79.7%

2018-19 HEAD-TO-HEAD

THE ISLANDERS WENT **2-1-1** IN 4 GAMES AGAINST THE PENGUINS DURING THE REGULAR SEASON.

IN PREVIOUS PLAYOFF MEETINGS....

1975- **ISLES** DEFEAT PENS IN 7 GAMES
1982- **ISLES** DEFEAT PENS IN 5 GAMES
1993- **ISLES** DEFEAT PENS IN 7 GAMES
2013- **PENS** DEFEAT ISLES IN 6 GAMES

PENGUINS PROJECTED LINES

FORWARDS

JAKE GUENTZEL - SIDNEY CROSBY - BRYAN RUST
JARED MCCANN - EVGENI MALKIN - PATRIC HORNQVIST
DOMINIK SIMON - NICK BJUGSTAD - PHIL KESSEL
TEDDY BLUEGER - MATT CULLEN - GARRETT WILSON

DEFENSE

OLLI MAATTA - KRIS LETANG
JACK JOHNSON - JUSTIN SCHULTZ
MARCUS PETTERSSON - ERIK GUDBRANSON

GOALIES

MATT MURRAY
CASEY DESMITH

WHAT TO WATCH FOR FROM PENGUINS

SPREADING THE WEALTH

In order to spark their offense, look for the Penguins to split Sidney Crosby, Evgeni Malkin, and Phil Kessel throughout the top three lines to create a more even scoring distribution.

ISLANDERS vs. PENGUINS SCHEDULE

GAME 1- TONIGHT 7:30 P.M. ET AT ISLES (NBCSN)
GAME 2- FRI. 4/12, 7:30 AT ISLES (NBCSN)
GAME 3- SUN. 4/14, 12 P.M. ET AT PENS (NBC)
GAME 4- TUE. 4/16, 7:30 AT PENS (NBCSN)
GAME 5*- THU. 4/18, TBD AT ISLES
GAME 6*- SAT. 4/20 TBD AT PENS
GAME 7*- MON. 4/22 TBD AT ISLES

*IF NECESSARY

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- > Compensation

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Knee Arthritis Pain?

10 Year Medical Study Reveals Knee Replacement Avoided With Newest Medical Treatment In 3 of 4 Cases

If you suffer with painful knee arthritis – science may have finally found the answer you've been looking for.

Here's why: What should be looked at as a landmark and startling study by the medical world, research published by a noted Orthopedic Surgeon in the Journal Of Knee Surgery revealed that 75% of those with Grade IV (often called "bone on bone") knee arthritis were able to avoid the surgery more than 7 years and beyond.

When doctors accurately placed FDA approved lubricating medicines using advanced imaging into almost 2000 arthritic knees (like putting oil on a rusty door hinge or automobile engine) the majority of patients actually responded well enough to avoid major and complex knee replacement surgery. But, the

procedure needs to be done by experienced doctors using the best technology for optimum technique and results.

Know this: This is an FDA-cleared REAL medical treatment that must be given by a skilled professional.

These special treatments are now available right here in NYC for Tri-State area arthritis sufferers. And many insurances, even Medicare, cover these treatments for qualified patients.

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NYSPI IRB Approved
12/27/2018 -> 12/15/2019

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY.
NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN FOR NYCTL 1998-2 TRUST, Pltf. vs. RENA BELLINGER, et al, Defts. Index #9923/2013. Pursuant to judgment of foreclosure and sale dated Sept., 25, 2018. I will sell at public auction at the Queens County Supreme Court, 88-11 Sutphin Blvd, Jamaica, NY, in Courtroom #25, on Friday May. 3, 2019 at 10:00 a.m. prem. k/a Block 12253, Lot 16. Sold subject to terms and conditions of filed judgment and terms of sale and the right of the United States of America to redeem within 120 days from the date of sale as provided by law. FARSHAD DAVID SAED, Referee. LEVY & LEVY Attys. For Pltf. 12 Tulip Dr., Great Neck, NY #96349

NOTICE IS HEREBY GIVEN that a license, Serial # 1317040, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 277 Graham Ave., Brooklyn, NY 11211. Kings County, for on premise consumption. Orephans Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 230 Park Ave., Booth #14, New York, NY 10017. New York County, for on premises consumption. BIB Vanderbilt Bakery LLC d/b/a Black Iron Burger.

NOTICE IS HEREBY GIVEN that a license, Number 1317137, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 127-10 Liberty Ave., South Richmond Hill, NY 11419. Queens County, for on premises consumption. 12710 Restaurant Corp. d/b/a Halo Kitchen and Lounge.

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GAMES

metro.us/crossword

ACROSS

- 1 Too hasty
5 Cut short
9 Ending for Paul or Ann
13 Shade of yellow
15 "What's My ___?" of old TV
16 "Get lost!"
17 "Been __, done that"
18 Surgery
20 Observe
21 Rollaway
23 Tilts
24 High schoolers
26 Cauldron
27 Fleet of ships
29 Tough fibrous tissues
32 Rotten person
33 Make points
35 "If I ___ a Hammer"
37 Pillar
38 Actor Sir Michael ___
39 Contemptible
40 Word with boots or lift
41 Smooths wood
42 Do a waiter's job
43 Surgical nurse's attire

- 45 Drug seller
46 Crisco product
47 Unlike flatland
48 Clever
51 Bizarre
52 Forbid entry to
55 Narrow escape
58 Martini garnish
60 Subdue
61 Over-the-hill
62 ___ badge; Boy Scout's award
63 Scandinavian nation: abbr.
64 Goes bad
65 Finds a sum

DOWN

- 1 Learn by __; memorize
2 "___ Breaky Heart"; country song
3 Musician's loose pages
4 Feminine pronoun
5 Blood problems
6 Word attached to saw or tide
7 Number of children for Hillary
8 Sweat
9 Manor & the land around it
10 Skinny
11 Tap the horn
12 Geological periods
14 Flow back
19 Let __; not to mention
22 "Snakes ___ Plane"; thriller film
25 Wind direction
27 Matterhorn's range
28 Chess pieces
29 Close relations
30 Helicopter
31 Ointment
33 Without
34 "El ___"; Charlton Heston movie
36 Forest animal
38 San Francisco transport
39 Calf meat
41 Pricey hotel booking
42 Almost never
44 Awakened
45 ___ battle with; fought
47 ___ on to; keeps
48 Play divisions
49 Cabbage salad
50 "It's all Greek ___"
53 Enthusiastic
54 Holey fabrics
56 Not long __; recently
57 Allow
59 Actress Thompson



BY TCA

metro.us/wordsearch



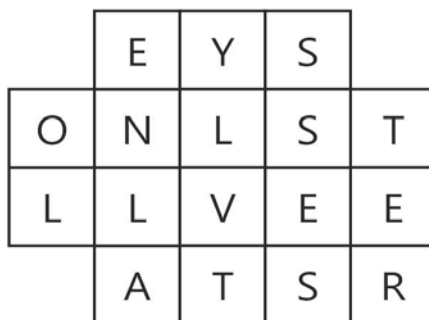
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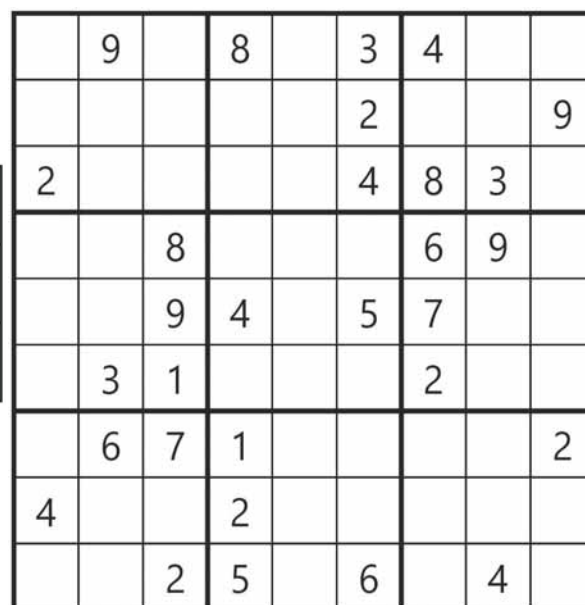
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